

# Vegetable Pasta Salad

## Ingredients:

- ♣ 1 Cup Cooked Orzo Pasta
- ♣ 1 Cup Lightly Steamed Asparagus, Cut the Same Size As the Pasta, or Peas
- ♣ 1/2 Cup Chopped Red Bell Pepper or Carrots
- ♣ 1/2 Cup Sliced Green Onions
- ♣ 1/2 Cup Chopped Yellow Summer Squash
- ♣ 1 Cup Chopped Fresh Spinach
- ♣ 1 Cup Small Cherry Tomatoes (optional)
- ♣ 1/4 Cup Low-Fat Vinaigrette Dressing
- ♣ 2 Tbs. Grated Parmesan Cheese
- ♣ 1/4 tsp. Salt

**Preparation Time:** > 30 minutes

## Directions:

Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan in a large bowl. Toss to coat with the dressing. Serve with grilled chicken or fish at a barbecue or picnic.

**Serves:** 4 people

## Nutrition:

114 calories

2 grams fat

1 gram saturated fat

cholesterol

344 milligrams sodium

3 grams fiber

This recipe provides **2.0** fruit and vegetable servings per person.